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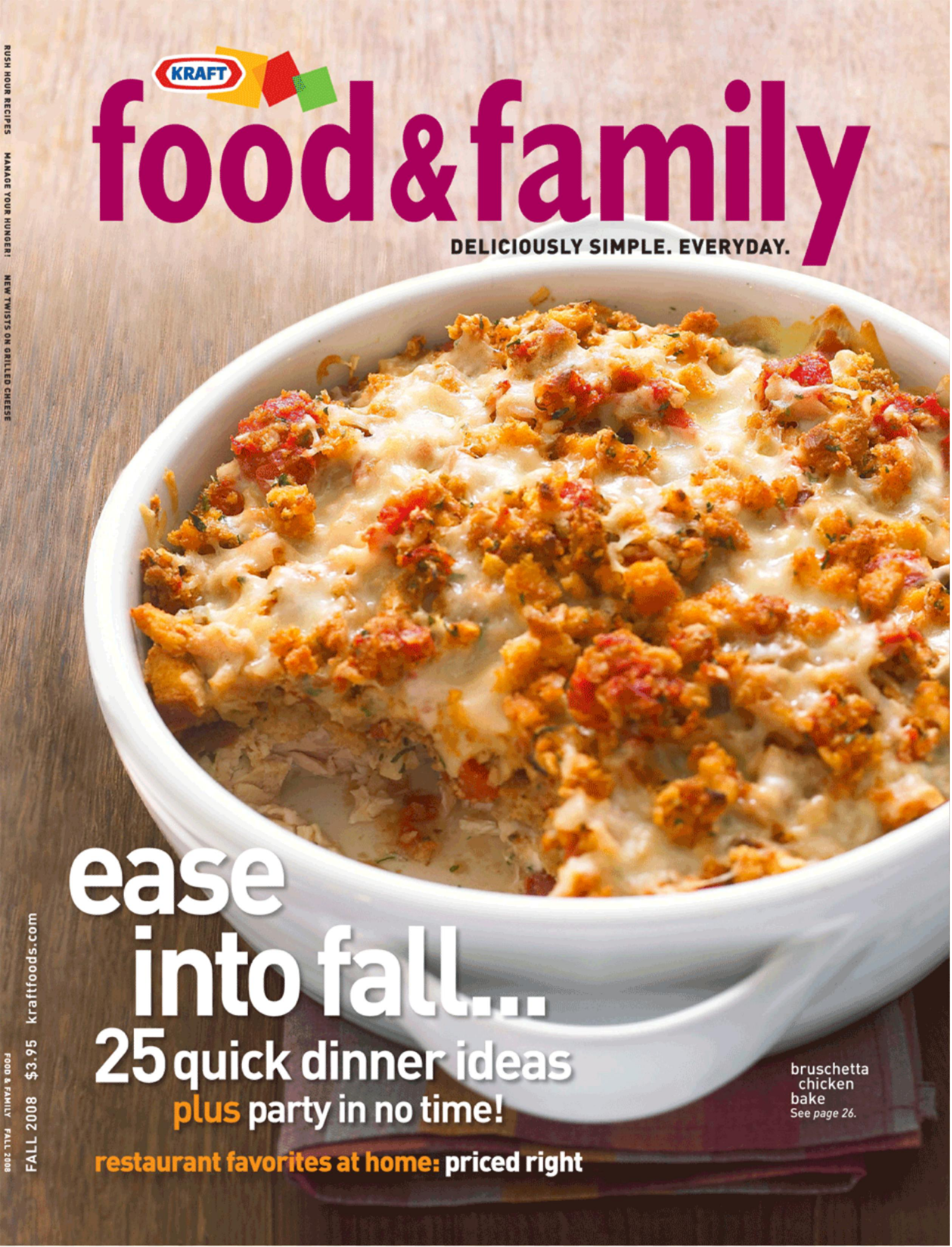

ease into fall...

25 quick dinner ideas

plus party in no time!

restaurant favorites at home: priced right

bruschetta chicken bake

See *page 26.*

FALL 2008 $3.95 kraftfoods.com

RUSH HOUR RECIPES MANAGE YOUR HUNGER! NEW TWISTS ON GRILLED CHEESE

FOOD & FAMILY FALL 2008

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Cheese 'em to
please 'em.
KRAFT
Macaroni & Cheese
DINNER
The Cheesiest
ORIGINAL FLAVOR
WHEN YOU GIVE YOUR KIDS KRAFT MAC AND CHEESE YOU
GIVE YOUR KIDS A THRILL. THAT'S 'CAUSE IT'S THE CHEESIEST!
thecheesiest.com

fall is...

"...all about new school supplies, comfort casseroles and my favorite treat on a rainy afternoon, a homey apple dessert. To me fall means cozy routines and a warm kitchen...and I can't wait."

KRAFT KITCHENS EXPERT: Susanne Stark

SHORTER DAYS, MORE activities. Luckily we've gathered our best ideas to help you ease into fall. Some evenings we can't sit down at the same time, so we rely on recipes from The Rush Hour (*p. 24*). Another trick to keep dinnertime simple: a weekly soup-and-sandwich night (see *p. 46*). And now that it's cool enough to turn on the oven, our Winning Desserts (*p. 34*) are ready and waiting. Enjoy the season!

WHAT'S ONLINE : Share your best recipes with other *food&family* readers at kraftfoods.com/community.

my kids' fall favorite:

easy layered taco bake

PREP 15 min. **TOTAL** 35 min. **MAKES** 6 servings, 1 cup each.

- 1 pkg. (7.25 oz.) **Kraft** Macaroni & Cheese Dinner
- 1 lb. ground beef
- 1 pkg. (1.25 oz.) **Taco Bell® Home Originals®** Taco Seasoning Mix
- 1 cup **Taco Bell® Home Originals®** Thick 'N Chunky Mild Salsa

HEAT oven to 400°F. Prepare Dinner as directed on package. Cook meat with taco seasoning.

LAYER seasoned meat, Dinner and salsa in 8-inch square baking dish.

BAKE 20 min.

Taco Bell® and **Home Originals®** are trademarks owned and licensed by Taco Bell Corp.

contents fall 2008

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35 triple-layer peanut butter brownies

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24 The Rush Hour
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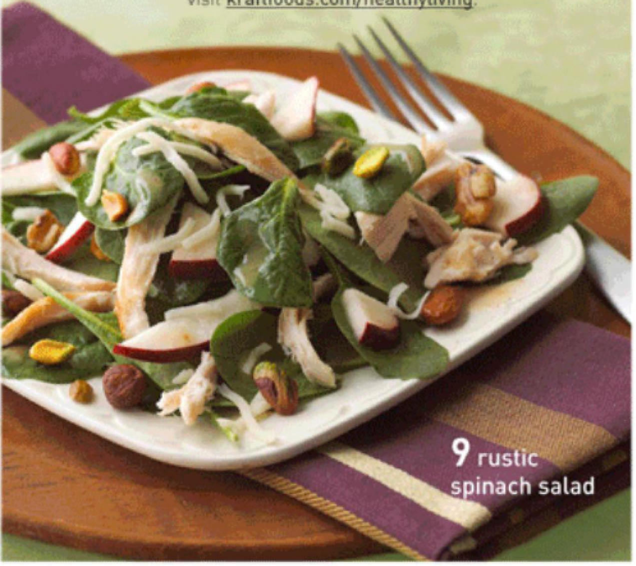
HEALTHY LIVING

Our Healthy Living sun indicates a recipe that was designed with your health in mind. Nutrition information for the recipes in this issue is listed in the Recipe Index on *page 58*. For more Healthy Living recipes, tips and tools, visit kraftfoods.com/healthyliving.



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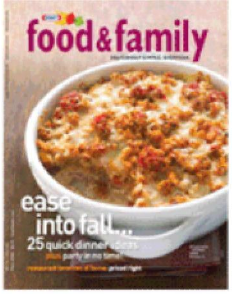

on the cover

Start off your fall cooking with a comfy-cozy casserole. Try our Bruschetta Chicken Bake—a take on the popular appetizer (recipe on *page 26*).

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Join Kraft in the Fight Against Breast Cancer!
You can help **Jell-O**, **Cool Whip** and **Philadelphia** brands donate $250,000 or more to Susan G. Komen for the Cure® in 2008. Visit **poseforthecure.org** to purchase limited edition T-shirts and participate in the pink-inspired Pose for the Cure fashion auction.

POSE for the CURE

SHOW YOUR SUPPORT... *in Style*

POSE for the CURE

JOIN US IN THE FIGHT AGAINST BREAST CANCER!

You can help **JELL-O**, **COOL WHIP** and **PHILADELPHIA** brands donate at least $250,000 to Susan G. Komen for the Cure® in 2008. Here's how to participate:

BUY a T-shirt designed by Mel B of the Spice Girls for $24.99 with FREE shipping and handling!

- Trendy fashion T-shirt in women's cut sizes available at www.poseforthecure.org.
- Net proceeds of $10.59 per T-shirt will be donated to Susan G. Komen for the Cure®. KRAFT has committed a minimum of $115,000 from T-shirt sales to Komen for the Cure, and hopes to raise more.

BID on our exclusive designer items on eBay!

- Unique collection of pink clothing and accessories from famous designers, including Nicole Miller and Tory Burch.
- Auction bidding begins 9/23/08. All net proceeds from the auction will be donated to Susan G. Komen for the Cure®.

Susan G. Komen for the Cure's promise is to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures. For more information, please visit www.komen.org or call 1-877 GO KOMEN.

Susan G. Komen for the Cure.

Visit **poseforthecure.org** to participate!

> "I've always had a passion for fashion, and the 'Pose for the Cure' campaign enables me to apply that passion to a good cause."
>
> — Mel B of the Spice Girls

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what's online

what members are saying:

Recipes at your fingertips!

recipes by email

Hunting for the perfect recipe? Register now and we'll deliver it weekly.

Sign up today: kraftfoods.com/email

your checklist for the fall season ...

☐ back to school

Unique lunch ideas

kraftfoods.com/school

☐ halloween

Spooky treats for kids of all ages

kraftfoods.com/halloween

☐ game day gatherings

Winning sideline snacks

kraftfoods.com/gameday

momoney1 asks ...

"Have you seen [the] lunch box ideas on Kraft? Some look really cool! kraftfoods.com/school."

shainline replies ...

"Thanks - I let [my son] check it out, and he loved some of the ideas! Pretty yummy stuff. And very cool for kids. Thanks again for your help."

at kraftfoods.com/community

stay connected

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food&family fall 2008

DELICIOUSLY SIMPLE. EVERYDAY.

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advice

smart solutions + easy how-tos + healthy ideas

try this!

10,000 STEPS A DAY—each one a small stride toward better health. Fitness experts recommend walking or running this much daily, about 5 miles.

"My family has a blast with spaghetti squash—they can't wait till I bake it so they can pull a fork through to make noodles."

Arlene Sanoy, R.D.

Kraft Kitchens Expert and walking enthusiast

how to... GET MORE PROTEIN AT BREAKFAST

Go for a slice of cheese, ham or turkey; a cup of yogurt or cottage cheese; or a spoonful of peanut butter. For a grab 'n' go option, try a **South Beach Living**™ Cereal Bar.

how to... GIVE BACK TWICE

Every empty **Capri Sun** and **Chips Ahoy!** package may be worth money for the collection center's designated school or charity—and will be "upcycled" into cool new products! Visit **terracycle.net** for more information.

WHAT'S ONLINE: For more advice check out our message boards at kraftfoods.com/community.

expureience the ultimate

with the goodness of new *Kraft* Reduced Fat Mayonnaise with Olive Oil and new *Kraft Good Seasons Dressing* made with Extra Virgin Olive Oil. Their wholesome taste and quality ingredients make them the supureb choice for all your sandwiches and salads.

Panini Florentine

Prep: 10 min. Total 45 min. (incl. marinating)

4 small boneless skinless chicken breast halves (1 lb.)

½ cup **Kraft Good Seasons** Classic Balsamic Vinaigrette Dressing made with Extra Virgin Olive Oil

8 slices whole grain bread

¼ cup **Kraft** Reduced Fat Mayonnaise with Olive Oil

½ cup fresh spinach leaves

2 roasted red peppers, cut in half

4 **Kraft Deli Fresh** Low-Moisture Part-Skim Mozzarella Cheese Slices

Marinate chicken in dressing in glass dish in refrigerator 30 min.; discard marinade. Cook chicken in skillet on medium heat 5 min. on each side or until cooked through (165°F). Spread bread with mayonnaise; fill with remaining ingredients to make 4 sandwiches. Cook in panini maker on medium heat 5 min. or until golden brown. Makes 4 servings.

For great recipe ideas, go to www.kraftfoods.com

pure KRAFT

KRAFT KITCHENS EXPERT:
Arlene Sanoy, R.D.

managing your hunger

it's as simple as this: If you want to manage your weight, you have to manage your hunger. My tips will help you stay on track.

1 *S-l-o-w down.* Your body takes about 20 minutes to signal it's had enough food. Leafy green salads take a while to eat, giving your body enough time to recognize it's satisfied. ▶

2 *Break the fast.* Eating a morning meal makes it less likely you'll overeat during the rest of the day.

3 *Make room for snacks in your diet.* Foods with fiber and/or protein—whole fruits, cheese, whole grain crackers, nuts, peanut butter—will help keep you from feeling famished between meals.

◀ 4 *Choose foods with lots of water.* You can reduce hunger by eating foods that have a high water content—whole fruits, whole vegetables and broth-based soups.

5 *Stay calm.* Develop ways to cope with stress so you're less likely to overeat.

STAYING POWER

With 10 grams of protein and 3 grams of fiber per serving, **South Beach Living**™ High Protein Cereal Bars are a tasty way to help satisfy your hunger.

rustic spinach salad

TOTAL 15 min.
MAKES 4 servings, 2¼ cups each.

- 8 cups baby spinach leaves
- 2 small apples, thinly sliced, cut in half
- 2 cups shredded or chopped cooked chicken breasts
- ½ cup **Kraft** 2% Milk Shredded Reduced Fat Mozzarella Cheese
- ¼ cup **Planters** Lightly Salted NUT•rition Heart Healthy Mix
- ½ cup **Kraft** Light House Italian Reduced Fat Dressing

TOSS all ingredients in bowl just before serving.

CALORIES 300, FAT 13g (SAT 3g), CHOL 65mg, SODIUM 520mg, CARB 16g, FIBER 5g, SUGARS 9g, PROTEIN 31g, VIT A 150%DV, VIT C 60%DV, CALCIUM 35%DV, IRON 25%DV

Snack Refresher
Just in time for fall: Kraft has great ideas for sensible snacks. Check them out online!

WHAT'S ONLINE: To see our secrets to smart snacking, visit kraftfoods.com/snackingsmart.

KRAFT KITCHENS EXPERT:
Devanee Washington

spectacular sides

While your roast is warming the kitchen, fix something **special** to go with it.

ranch-style coleslaw

★★★★★
reader review

"I tried the Asian-style—so easy to prepare and great flavor!"

M.A. BERNIER *Diamond Head, MS* mom of a toddler

mix & match coleslaw

TOTAL 10 min.
MAKES 6 servings, 3/4 cup each.

1 pkg. (16 oz.) coleslaw blend

TOSS coleslaw blend with **add-in** and **dressing** (see options *below*).

OPTION: RANCH-STYLE

ADD-IN
4 slices **Oscar Mayer** Bacon, crisply cooked, drained and crumbled

DRESSING
1/2 cup **Kraft Ranch** Dressing

OPTION: ASIAN-STYLE

ADD-IN
1/4 cup chopped **Planters Cocktail** Peanuts

DRESSING
1/2 cup **Kraft** Asian Toasted Sesame Dressing

OPTION: ITALIAN-STYLE

ADD-IN
1 small red pepper, cut into short thin strips

DRESSING
1/2 cup **Kraft** Tuscan House Italian Dressing

twice-baked sweet potatoes

twice-baked sweet potatoes

PREP 10 min. **TOTAL** 53 min. **MAKES** 4 servings, 1 stuffed potato half each.

what you need

- 2 large sweet potatoes (1 1/2 lb.)
- 2 oz. (1/4 of 8-oz. pkg.) **Philadelphia** Neufchatel Cheese, 1/3 Less Fat than Cream Cheese, cubed
- 2 Tbsp. fat-free milk
- 1 Tbsp. brown sugar
- 1/4 tsp. ground cinnamon
- 1/4 cup **Planters** Pecan Pieces

make it

1

HEAT oven to 425°F. Cut potatoes lengthwise in half; place, cut-sides down, in foil-lined 15×10-inch baking pan. Bake 30 to 35 min. or until tender.

2

SCOOP out centers of potatoes into bowl, leaving 1/4-inch-thick shells. Add Neufchatel cheese, milk, sugar and cinnamon to potatoes; mash until blended.

3

SPOON potato mixture into shells; top with nuts. Bake 8 min. or until potatoes are heated through and nuts are toasted.

WHAT'S ONLINE: Visit kraftfoods.com/produce for tips on buying and cooking favorite fall veggies.

warm & cozy cooking

Sour cream makes the biscuits extra moist and delicious in this simple and satisfying comfort food dish.

love it!

The Kraft Kitchens adore this earthy orange 8x8-inch dish by **Chantal**. It can go in the freezer, oven or microwave. Buy it at **cooking.com/kf**.

WHAT'S ONLINE: Find more comfort food recipes and videos at kraftfoods.com/dinnervideos.

chicken & biscuits

PREP 15 min. **TOTAL** 50 min.
MAKES 6 servings.

what you need

- 1 can (10¾ oz.) condensed cream of chicken soup
- ¾ cup **Breakstone's** or **Knudsen** Sour Cream, divided
- 2 cups chopped cooked chicken
- 1 pkg. (16 oz.) frozen mixed vegetables, thawed
- 1 cup **Kraft** Shredded Mild Cheddar Cheese
- 1 cup baking mix
- 3 Tbsp. milk

"I know fall is finally here when it's cool enough to turn on the oven!"

DEVANEE WASHINGTON *Kraft Kitchens Expert*

make it

HEAT oven to 375°F. Mix soup and ½ cup sour cream in 8-inch square baking dish. Add chicken, vegetables and cheese; mix.

PLACE baking mix in medium bowl. Add remaining ¼ cup sour cream and milk; stir until stiff dough forms.

DROP by heaping tablespoonfuls into 6 mounds over chicken mixture. Bake 35 min. or until biscuits are golden brown and chicken mixture is hot and bubbly.

HEALTHY LIVING: Save 60 calories and 7 grams of fat per serving by preparing with reduced fat cream of chicken soup, **Breakstone's** Reduced Fat or **Knudsen** Light Sour Cream, **Kraft** 2% Milk Shredded Reduced Fat Cheddar Cheese and fat-free milk.

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BAGEL FILLED WITH CREAM CHEESE
4-2.5 OZ FILLED BAGELS
In The Frozen Breakfast Aisle
Get Wrapped Up in the Taste
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tantalizing tex-mex

Go ahead and dig into this easy skillet meal. Each serving is **under 500 calories**!

cheesy chicken & salsa skillet

SALSA SIDEKICK
Serve with icy Crystal Light Lemonade, adding a few slices of lemon and lime for authentic south-of-the-border flavor.

cheesy chicken & salsa skillet

PREP 10 min. **TOTAL** 30 min. **MAKES** 4 servings, 2 cups each.

what you need

- 2 cups multigrain penne pasta, uncooked
- 1 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1¼ cups **Taco Bell® Home Originals®** Thick 'N Chunky Salsa
- 1 cup frozen corn, thawed
- 1 large green pepper, cut into short thin strips
- 1 cup **Kraft** 2% Milk Shredded Reduced Fat Four Cheese Mexican Style Cheese

make it

COOK pasta as directed on package.

MEANWHILE, heat large nonstick skillet sprayed with cooking spray on medium-high heat. Add chicken; cook and stir 2 min. Stir in salsa, corn and peppers. Bring to boil. Simmer on medium-low heat 10 min. or until chicken is cooked through, stirring occasionally.

DRAIN pasta. Add to chicken mixture; mix lightly. Sprinkle with cheese. Remove from heat; cover. Let stand 1 min. or until cheese is melted.

CALORIES 450, FAT 9g [SAT 4g], CHOL 85mg, SODIUM 850mg, CARB 49g, FIBER 6g, SUGARS 5g, PROTEIN 42g, VIT A 15%DV, VIT C 35%DV, CALCIUM 45%DV, IRON 15%DV

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what's new

The **latest** and **favorites** from Kraft

keep cheese fresh-tasting with "Fresh Click"

Kraft Deli Fresh Natural Slices are pure cheese taste at its natural best. Now we're introducing the new "Fresh Click" package—it ensures your cheese stays fresh-tasting down to the last slice. Our new package makes it easy to get as many slices as you need, and when you're done, the "click" lets you know it's closed. The new "Fresh Click" package—the greatest thing since sliced cheese!

the **pure**fect accessory

Now **Kraft** Salad Dressing comes in a portable 1-oz. package. It's easy to travel light with 25-calorie Light Zesty Italian and Light Balsamic Vinaigrette On-the-Go packs!

everyone's favorite—in a cracker!

Introducing **Kraft** Macaroni & Cheese Crackers—a brand new way to snack on Mac! We've taken that **Kraft** Macaroni & Cheese taste your kids love and baked it into a crispy cracker they can crunch! Try new **Kraft** Macaroni & Cheese Crackers for your whole family. Now available in three delicious varieties: Cheddar, White Cheddar and Mild Cheddar.

hot and melty in 60 seconds!

New **Oscar Mayer Deli Creations** Flatbread Sandwiches—everything you need packed fresh to create a delicious sandwich wrapped in warm, soft flatbread in a microwave minute.

two new ways to start your morning

The best **Maxwell House** Coffee ever just got even better, with two new additions to our family of coffees. Try new Breakfast Blend and Dark Roast, made with 100% Arabica beans—known to be the finest coffee beans across the globe. Breakfast Blend is a smooth, mild roast that's sure to start your day off right. Dark Roast is a specially roasted bold, full-flavored coffee without the bitterness. One sip and you'll certainly agree...this is the best **Maxwell House** ever!

crispy and fruity...from **Newtons**!

Introducing **Newtons** Fruit Crisps: the new crispy snacks made with real fruit. Your favorite fruit flavors are baked between two thin crisps in a 100-calorie snack. The crispy texture and delicious taste create a distinctive eating experience. **Newtons** Fruit Crisps are available in Apple Cinnamon and Mixed Berry. Try them today!

do-it-yourself delicious

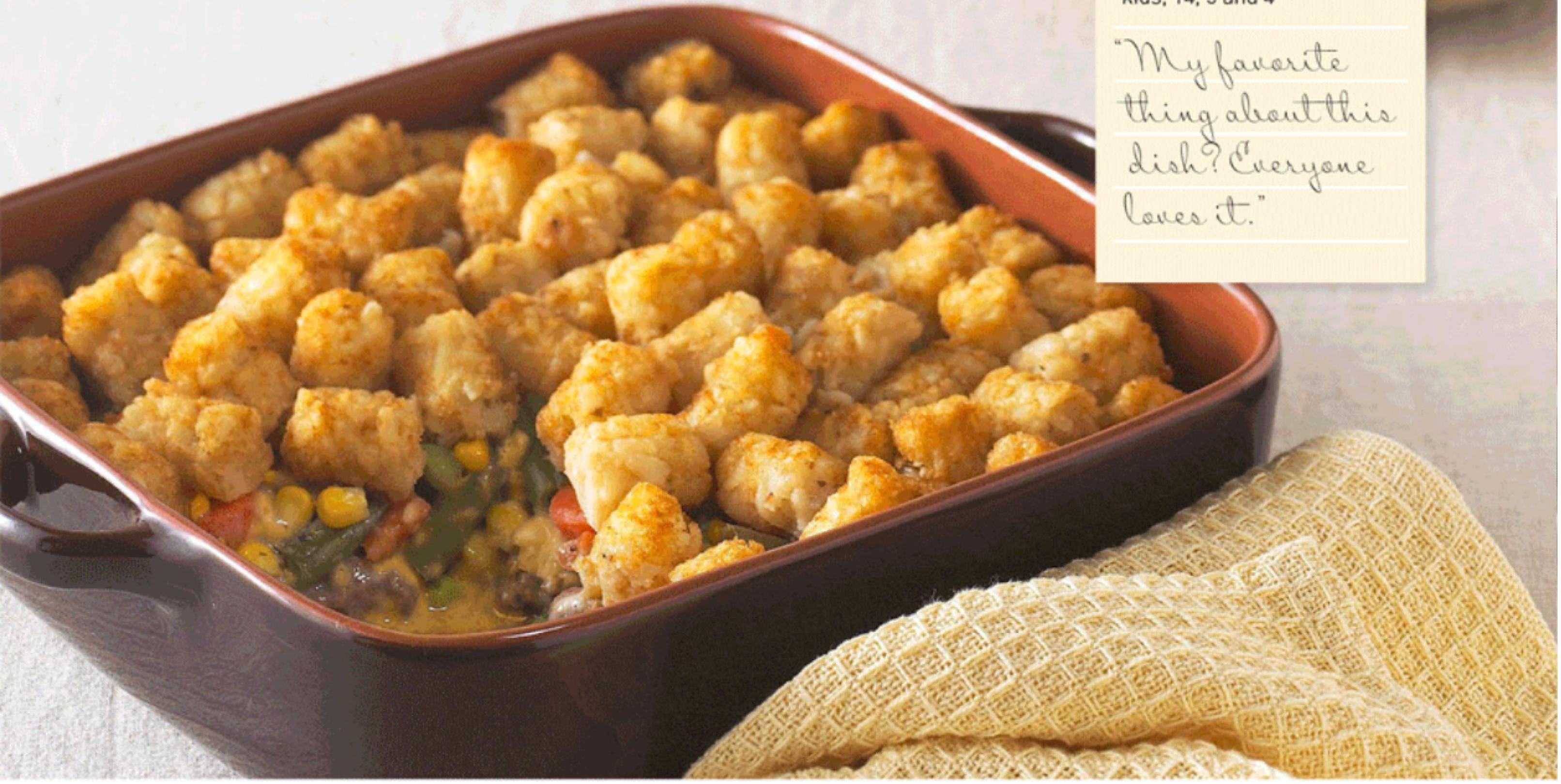
Introducing **Jell-O** Singles, a single serving of rich, indulgent pudding you make yourself. Mix up one of these freshly made pudding snacks by simply adding a **Jell-O** Singles packet to 1/2 cup of milk. **Jell-O** Singles are available in Regular and Sugar-Free Chocolate and Vanilla flavors.

a unique flavor experience

Snack on great-tasting cheeses that are better for you! Now **Kraft** has artfully blended rich and creamy natural cheese made with 2% milk to create unforgettable taste combinations. Enjoy them as a savory snack—the square shape fits perfectly on a cracker. Look for new **Kraft** Natural Cheese made with 2% milk in your grocer's refrigerated section.

MADE WITH 2% MILK FROM COWS
NOT TREATED WITH GROWTH HORMONES

The FDA has stated that no significant difference has been shown between milk from rbST-treated and untreated cows



cozy comfort

On nights when everyone is **running** in different directions, this is reader Ashley Shott's **go-to** recipe.

ASHLEY SHOTT
Durham, NC mom of three kids, 14, 5 and 4

"My favorite thing about this dish? Everyone loves it."

tater-topped casserole

PREP 15 min. **TOTAL** 1 hour **MAKES** 6 servings, 1 cup each.

what you need

- 1 lb. ground beef
- 1 small onion, finely chopped
- 1 can (10¾ oz.) condensed cream of mushroom soup
- ¼ cup milk
- 1 cup frozen mixed vegetables
- 1 cup **Kraft** Shredded Cheddar Cheese
- 1 lb. (½ of 32-oz. pkg.) frozen bite-size seasoned potato nuggets

make it

HEAT oven to 375°F. Brown meat with onions in skillet, stirring occasionally; drain. Spoon into 8-inch square baking dish.

MIX soup and milk; pour over meat mixture. Top with layers of mixed vegetables, cheese and potatoes.

BAKE 45 min. or until potatoes are golden brown and casserole is heated through.

HEALTHY LIVING: Save 50 calories and 7 grams of fat per serving by preparing with lean ground beef, reduced fat condensed cream of mushroom soup and **Kraft** 2% Milk Shredded Reduced Fat Cheddar Cheese.

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finger food for fairy princesses
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reader connection

choosy eater challenge

Do you have a 7-year-old who will **only eat** bread and butter or a teenager who won't let meat pass her lips? To help with this **dinner dilemma**, we turn to the experts: moms.

Ritz pizza snacks

We love this easy and delicious snack solution submitted by reader Mary Jo Pletzke of Rockford, Michigan. Keep the ideas coming by visiting the Community section at kraftfoods.com/community!

PREP 10 min. **TOTAL** 11 min.
MAKES 8 servings, 3 topped crackers each.

what you need

- 24 **Ritz** Crackers
- 1/2 cup ketchup
- 1/2 cup **Kraft** Shredded Mozzarella Cheese
- 1 tsp. Italian seasoning

make it

TOP crackers with remaining ingredients.

PLACE 6 topped crackers on microwaveable plate. Microwave on HIGH 15 sec. or until cheese is melted.

REPEAT with remaining crackers.

"**My 3-year-old** son eats a little better when he helps prepare the meal, like stirring or even just watching what I do to make dinner."

M. Montelongo *Sumter, SC*

"**My picky eater** is now grown, but when he was small he would eat what he called a 'cold plate.' Lunchmeat, cheese and raw veggies or fruit."

J. Garrett *Calera, AL*

"**My secret?** Mashed potatoes with steamed cauliflower blended in...no one knows, and I'll never tell."

W. Smith *Piedmont, SC*

"**I add taco** seasoning and cheese to anything and my youngest will eat it."

L. Cunningham *Salvisa, KY*

"**What will my** choosy eater dig into? Anything on the grill—and raw veggies."

S. McAlister *Charleston, SC*

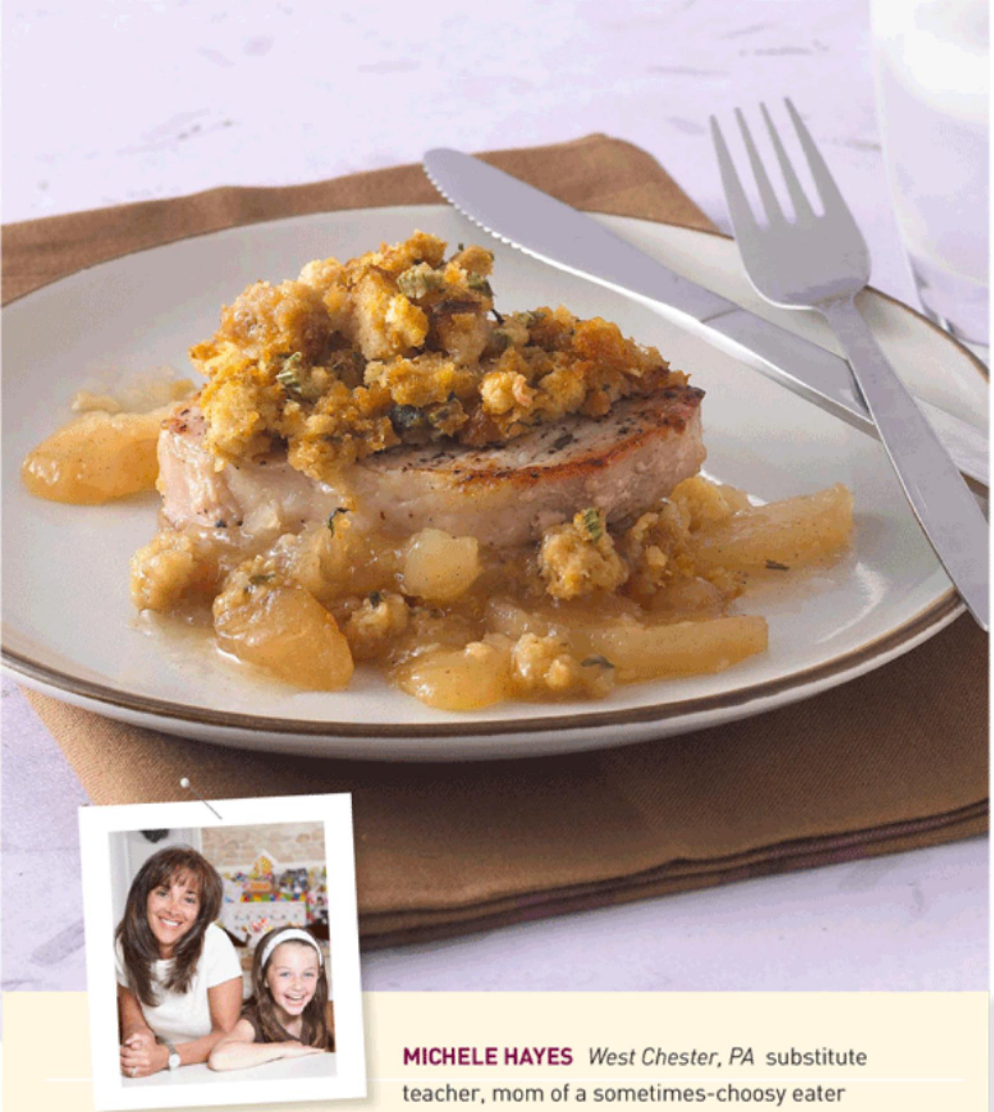
"**My kids love** food that is in shapes. I let them use cookie cutters with anything and it gets gobbled up."

S. Widmayer *Staten Island, NY*

"**I can always** get my 7-year-old daughter to eat her steamed carrots and broccoli as long as she has ranch dressing to drizzle over them."

A. Jetton *Wingo, KY*

WHAT'S ONLINE: Check out the Choosy Eater Connection on our message boards at kraftfoods.com/choosy.



MICHELE HAYES *West Chester, PA* substitute teacher, mom of a sometimes-choosy eater

"It's the savory pork combined with the sweet apples that makes this dish disappear at my house."

pork chops with apples and stuffing

PREP 10 min. **TOTAL** 50 min. **MAKES** 6 servings.

what you need

- 1 pkg. (6 oz.) **Stove Top** Stuffing Mix for Chicken
- 1 can (21 oz.) apple pie filling
- 6 boneless pork loin chops (1½ lb.), ¾ inch thick

make it

HEAT oven to 375°F. Prepare stuffing as directed on package.

SPREAD pie filling onto bottom of 13×9-inch baking dish sprayed with cooking spray; top with chops and stuffing. Cover with foil.

BAKE 30 min.; uncover. Bake an additional 10 min. or until chops are cooked through (160°F).

Reader Poll TOP FIVE Fall Foods

Readers give us the scoop on their gotta-make autumn recipes:

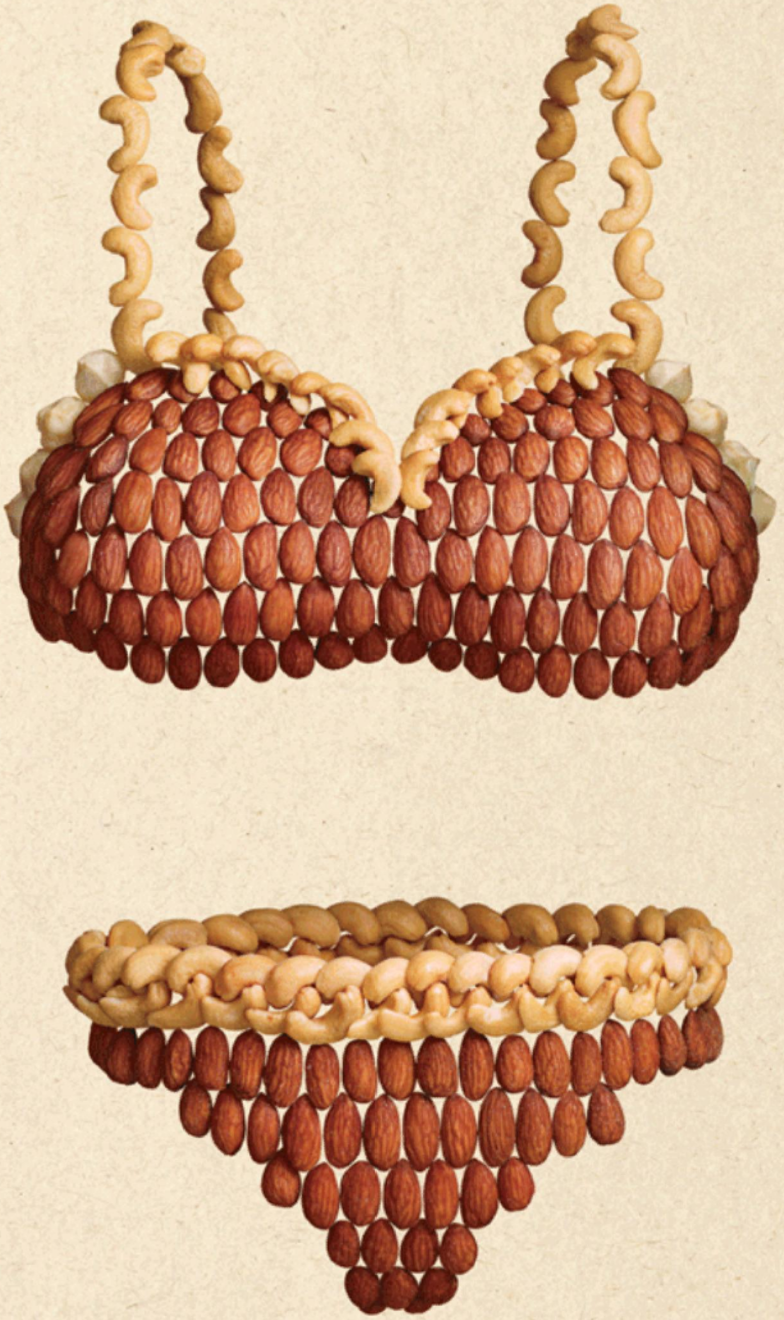
1. Soups and stews
2. Chili
3. Apple crisp and pie
4. Chicken pot pie
5. Pumpkin pie, bars, bread, cake... (It's a very popular gourd.)

check it out!

ALWAYS COOL WITH KIDS

When kids need liquid refreshment, turn to the beverage you know they'll like, **Kool-Aid** Singles. Just pour a package into bottled water—every serving provides a good source of vitamins C and E.

INSTINCTIVELY GOOD.



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Planters NUT·rition *South Beach Diet Recommended Mix is a savory blend of nuts recommended by the South Beach Diet. So you can enjoy the lightly salted cashews, almonds and macadamias as you count the hours to bikini weather.*

nutnutrition.com

Contains 50% less sodium than Planters Mixed Nuts.

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on the menu

everyday meals + casual get-togethers + season's best

love it!

PROGRAMMABLE SLOW COOKER— With a delayed start setting and an automated shift to warm, the Kraft Kitchens give a thumbs-up to the **Rival Smart-Pot™ Crock Pot**. Order it at cooking.com/kf.

"My girls and I bring back apples from trips to the orchard and then melt **Kraft** Caramels with a little water for dipping. Any dish using our hand-picked fruit is extra special."

Susanne Stark

Kraft Kitchens Expert and busy mom of two daughters

the cookie that thinks it's a fruit

Fig Newtons Cookies are perfect for adults who enjoy snacking yet still want to maintain a healthy lifestyle. Made with real fruit, these unique cookies are a distinctively delicious, wholesome snack option.

WHAT'S ONLINE : Get organized! Create your own online recipe box at kraftfoods.com.

the rush hour

Your career as a short-order cook is over.

You know how **crazy** some nights are—your soccer player is home at 5:30, Dad rolls in at 6:00 and the music student is starving at 7:00. If your family eats in shifts, we have **five strategies** for cooking one meal that fits everyone's schedule.

WHAT'S ONLINE: For slow-cooker recipes to help you through busy days, visit kraftfoods.com/slowcooker.

kraft kitchens' pick

Stove Top easy chicken bake

STRATEGY 2 **COOK AHEAD & REFRIGERATE**

Stove Top easy chicken bake

PREP 10 min. **TOTAL** 40 min.
MAKES 6 servings, 1 1/3 cups each.

what you need

- 1 pkg. (6 oz.) **Stove Top** Stuffing Mix for Chicken
- 1 1/2 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1 can (10 3/4 oz.) condensed cream of chicken soup
- 1/3 cup **Breakstone's** or **Knudsen** Sour Cream
- 1 pkg. (16 oz.) frozen mixed vegetables, thawed, drained

make it

HEAT oven to 400°F. Prepare stuffing mix as directed on package. Mix chicken, soup, sour cream and vegetables in 13×9-inch baking dish; top with stuffing.

BAKE 30 min. or until chicken is cooked through. Enjoy now or cover and refrigerate. To reheat, microwave each serving on HIGH 2 to 3 min.

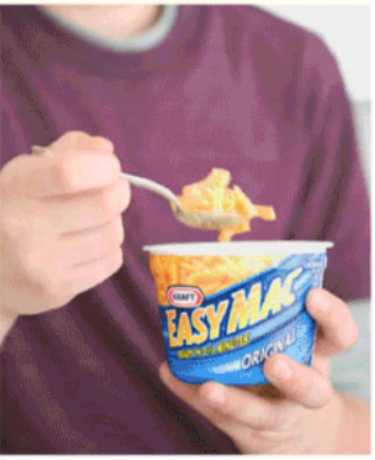
TIP: If using a deeper, narrower baking dish, increase baking time by 15 min. or until cooked through.

HEALTHY LIVING: Save 30 calories and 3 grams of fat per serving by preparing with reduced fat condensed cream of chicken soup and **Breakstone's** Reduced Fat or **Knudsen** Light Sour Cream.

check it out!

GRAB AND GO

When your kids' schedules don't leave time for a snack before practice, heat up **Kraft Easy Mac** Cups for eating on the way.



STRATEGY 1 **MAKE-YOUR-OWN SANDWICH**

southwest chicken salad panini

PREP 10 min. **TOTAL** 20 min. **MAKES** 4 servings.

what you need

- 2 cups finely chopped cooked chicken breasts
- 1 1/2 tsp. chili powder
- 2 Tbsp. **Miracle Whip** Light Dressing
- 2 Tbsp. **Kraft** Light Ranch Reduced Fat Dressing
- 8 slices Italian bread
- 1 large tomato, cut into 8 thin slices
- 4 **Kraft** 2% Milk Singles

make it

HEAT panini grill to medium-high heat. Mix chicken, chili powder and dressings.

MAKE sandwich with bread slices, chicken mixture, tomatoes and Singles.

GRILL 3 to 5 min. or until Singles are melted and sandwiches are golden brown on both sides.

IF YOU DON'T HAVE A PANINI GRILL: Cook in large skillet on medium heat 3 to 5 min. on each side or until sandwiches are golden brown.

-love it!

The Kraft Kitchens love the **Cuisinart** Panini & Sandwich Press with preset temperatures. Order it at cooking.com/kf.

southwest chicken salad panini

bruschetta chicken bake

STRATEGY 2 COOK AHEAD & REFRIGERATE

bruschetta chicken bake

PREP 10 min. **TOTAL** 40 min. **MAKES** 6 servings, 1 cup each.

what you need

- 1 can (14 1/2 oz.) diced tomatoes, undrained
- 1 pkg. (6 oz.) **Stove Top** Stuffing Mix for Chicken
- 1/2 cup water
- 2 cloves garlic, minced
- 1 1/2 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1 tsp. dried basil leaves
- 1 cup **Kraft** 2% Milk Shredded Reduced Fat Mozzarella Cheese

make it

HEAT oven to 400°F. Mix tomatoes, stuffing mix, water and garlic just until stuffing mix is moistened.

LAYER chicken, basil, cheese and stuffing in 13×9-inch or 3-qt. baking dish.

BAKE 30 min. or until chicken is cooked through. Enjoy now or cover and refrigerate. To reheat, microwave each serving on HIGH 2 to 3 min.

SERVING SUGGESTION: Serve with a bagged green salad tossed with your favorite **Kraft** Light Reduced Fat Dressing.

check it out!

SINGLE-SERVE SOLUTION

DiGiorno For One Supreme Pizza and **Crystal Light** Lemonade are perfect when each family member needs to eat at a different time. The pizza's always hot!

STRATEGY 3 **SLOW COOKER**

slow-cooker hearty beef chili

PREP 10 min. **TOTAL** 6 hours 10 min. **MAKES** 8 servings, about 1 cup each.

what you need

- 1½ lb. lean ground beef
- 1 can (15 oz.) dark red kidney beans, drained, rinsed
- 1 can (15 oz.) light red kidney beans, drained, rinsed
- 1½ cups **Taco Bell® Home Originals®** Thick 'N Chunky Mild Salsa
- 1 can (16 oz.) no-salt-added tomato sauce
- 2 Tbsp. chili powder
- 1 onion, chopped
- 1 cup frozen corn, thawed, drained
- 1 cup **Kraft** Mexican Style Shredded Four Cheese

make it

BROWN meat; drain. Add to slow cooker with remaining ingredients except cheese; stir. Cover with lid.

COOK on LOW 5 to 6 hours (or on HIGH 3 to 4 hours).

STIR just before serving. Serve topped with cheese.

SERVING SUGGESTION: Serve with a simple side of **Ritz** Crackers.

TIP: The "Keep Warm" setting on many slow cookers is perfect for eating in shifts.

Taco Bell® and **Home Originals**® are trademarks owned and licensed by Taco Bell Corp.

slow-cooker hearty beef chili

ham 'n cheese calzones

STRATEGY 4 **FIRST ONE HOME COOKS**

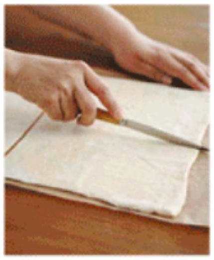
ham 'n cheese calzones

PREP 10 min. **TOTAL** 28 min. **MAKES** 4 servings.

what you need

- 1 can (13.8 oz.) refrigerated pizza crust
- 16 slices **Oscar Mayer** Shaved Honey Ham
- 1 cup **Kraft** Shredded Colby & Monterey Jack Cheese
- 1/4 cup **Kraft** Ranch Dressing
- 1 tomato, cut into 8 thin slices

make it


Cut dough in half lengthwise and crosswise to make 4 rectangles.

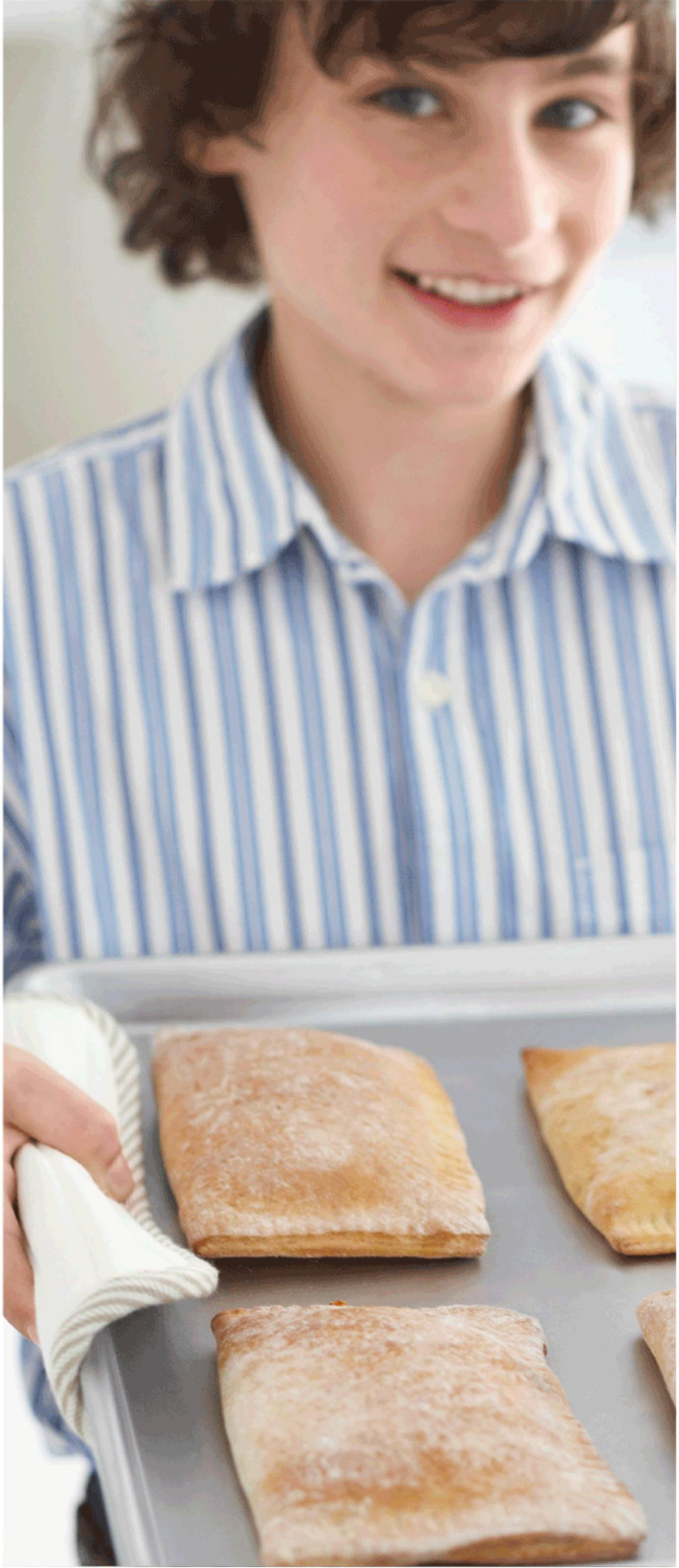
HEAT oven to 400°F. Unroll pizza dough on lightly floured surface. Pat out dough to form 16×12-inch rectangle. Cut into quarters (*right*).

TOP dough with ham to within 1/2 inch of sides. Mix cheese and dressing; spread on ham. Top with tomatoes. Fold each rectangle in half; seal edges with fork. Put on baking sheet sprayed with cooking spray.

BAKE 16 to 18 min. or until golden brown.

MAKE AHEAD: Prepare calzones up to 8 hours in advance. Wrap baking sheet with plastic wrap and store in refrigerator. When ready to eat, unwrap and bake one or more as directed.

HEALTHY LIVING: Save 50 calories and 7 grams of fat per serving by preparing with **Kraft** 2% Milk Shredded Reduced Fat Colby & Monterey Jack Cheese and **Kraft** Light Ranch Reduced Fat Dressing.



foil-pack chicken fajita dinner

5 (STRATEGY) INDIVIDUAL FOIL PACKETS

foil-pack chicken fajita dinner

PREP 10 min. **TOTAL** 45 min. **MAKES** 4 servings.

what you need

- 1 1/2 cups instant white rice, uncooked
- 1 1/2 cups hot water
- 1 Tbsp. **Taco Bell® Home Originals®** Taco Seasoning Mix
- 4 small boneless skinless chicken breast halves (1 lb.)
- 1 each: green and red pepper, cut into strips
- 1/2 cup **Taco Bell® Home Originals®** Thick 'N Chunky Salsa
- 1/2 cup **Kraft** Mexican Style Shredded Taco Cheese

make it

HEAT oven to 400°F. Fold up all sides of each of four 18×12-inch sheets of heavy-duty foil to form 1-inch rim; spray foil with cooking spray. Combine rice, water and taco seasoning; spoon onto centers of foil. Top with remaining ingredients.

BRING up foil sides. Double-fold top and ends to seal each packet, leaving room for heat circulation inside. Place in 15×10×1-inch baking pan.

BAKE 30 to 35 min. or until chicken is cooked through (165°F). Let stand 5 min. Cut slits in foil to release steam before opening packets.

SERVING SUGGESTION: Top each portion with 1 Tbsp. **Breakstone's** or **Knudsen** Sour Cream just before serving.

MAKE AHEAD: Prepare foil packets as directed in Steps 1 and 2; refrigerate up to 1 day. At mealtime bake one or more as directed.

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RESTAURANT FAVORITE
make it at home!

★★★★★
reader review

"Packaged precooked shrimp is affordable and so easy to use."

L.P. OSTROWSKI *Clinton Township, MI* mom who loves trying new recipes

shrimp pomodoro pasta

dining in makes sense

Enjoy the **dining out experience**—even if you're watching your budget—with our easy **restaurant-style** recipes.

shrimp pomodoro pasta

PREP 10 min. **TOTAL** 30 min. **MAKES** 4 servings, 1 1/2 cups each.

what you need

- 1/2 cup **Kraft** Balsamic Vinaigrette Dressing
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 can (28 oz.) diced tomatoes, undrained
- 2 cups penne pasta, uncooked
- 1 lb. cooked cleaned shrimp
- 1/4 cup **Kraft** 100% Grated Parmesan Cheese

make it

HEAT large nonstick skillet on medium-high heat. Add dressing, onions and garlic; cook 2 min. Stir in tomatoes; cook 12 min., stirring occasionally. Meanwhile, cook pasta as directed on package.

ADD shrimp to sauce; cook 2 min. or until heated through.

DRAIN pasta; toss with shrimp mixture. Sprinkle with cheese.

capellini caprese

PREP 10 min. **TOTAL** 25 min. **MAKES** 4 servings, 1 1/2 cups each.

what you need

- 1/2 lb. capellini or spaghetti, uncooked
- 1/2 cup **Kraft** Tuscan House Italian Dressing
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 3 cups halved grape or cherry tomatoes
- 1 cup **Kraft** Shredded Low-Moisture Part-Skim Mozzarella Cheese
- 1/3 cup fresh basil, finely sliced

make it

COOK pasta as directed on package.

MEANWHILE, heat dressing in large nonstick skillet on medium-high heat. Add onions and garlic; cook and stir 2 min. Add tomatoes; cook 5 min. or until heated through, stirring occasionally.

DRAIN pasta. Add to tomato mixture; mix lightly. Sprinkle with cheese and basil.

SUBSTITUTE: Substitute 3 tomatoes, chopped, for the grape or cherry tomatoes.

WHAT'S ONLINE: Visit kraftfoods.com/restaurant for more restaurant-inspired recipes.

fettuccine alfredo with chicken

PREP 10 min. **TOTAL** 25 min. **MAKES** 4 servings, 1 1/2 cups each.

what you need

- 1/2 lb. fettuccine, uncooked
- 1 lb. boneless skinless chicken breasts, cut into strips
- 1 1/4 cups fat-free reduced-sodium chicken broth
- 4 tsp. flour
- 4 oz. (1/2 of 8-oz. pkg.) **Philadelphia** Neufchatel Cheese, 1/3 Less Fat than Cream Cheese, cubed
- 3 Tbsp. **Kraft** 100% Grated Parmesan Cheese, divided
- 1/4 tsp. garlic powder
- 1/4 tsp. pepper

make it

COOK pasta as directed on package.

MEANWHILE, heat large nonstick skillet sprayed with cooking spray on medium-high heat. Add chicken; cook 5 to 7 min. or until chicken is cooked through, stirring occasionally. Remove from skillet. Mix broth and flour in same skillet. Stir in Neufchatel cheese, 2 Tbsp. Parmesan cheese, garlic powder and pepper; cook 2 min., stirring constantly until mixture boils and thickens. Stir in chicken.

DRAIN pasta; place in large bowl. Pour chicken mixture over pasta; toss to coat. Sprinkle with remaining 1 Tbsp. Parmesan cheese.

SPECIAL EXTRA: Sprinkle with 2 Tbsp. chopped fresh parsley before serving.

big bowl of tuscan greens

TOTAL 10 min.
MAKES 4 servings, 1 3/4 cups each.

what you need

- 1 pkg. (8 oz.) torn romaine lettuce
- 1 tomato, cut into thin wedges
- 1/4 cup sliced black olives
- 1/2 cup **Kraft** Tuscan House Italian Dressing
- 1/4 cup **Kraft** 100% Grated Parmesan Cheese
- 1/2 cup croutons

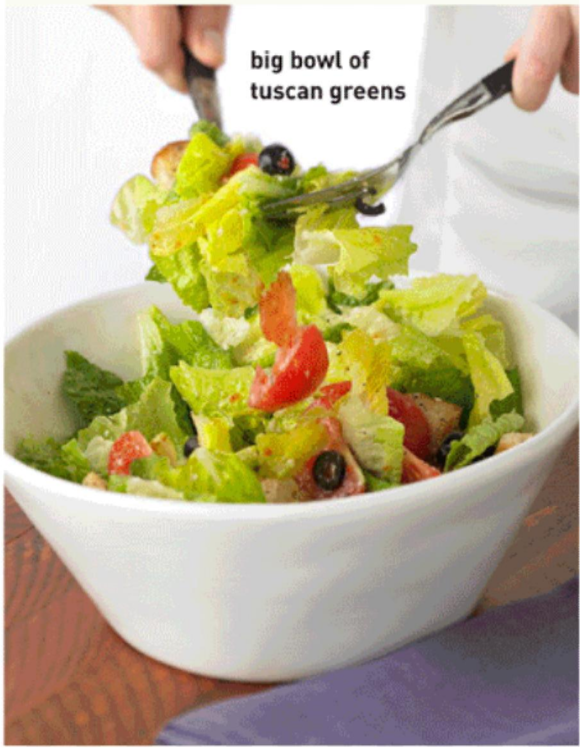
make it

TOSS lettuce, tomatoes and olives in large bowl.

ADD dressing; toss lightly.

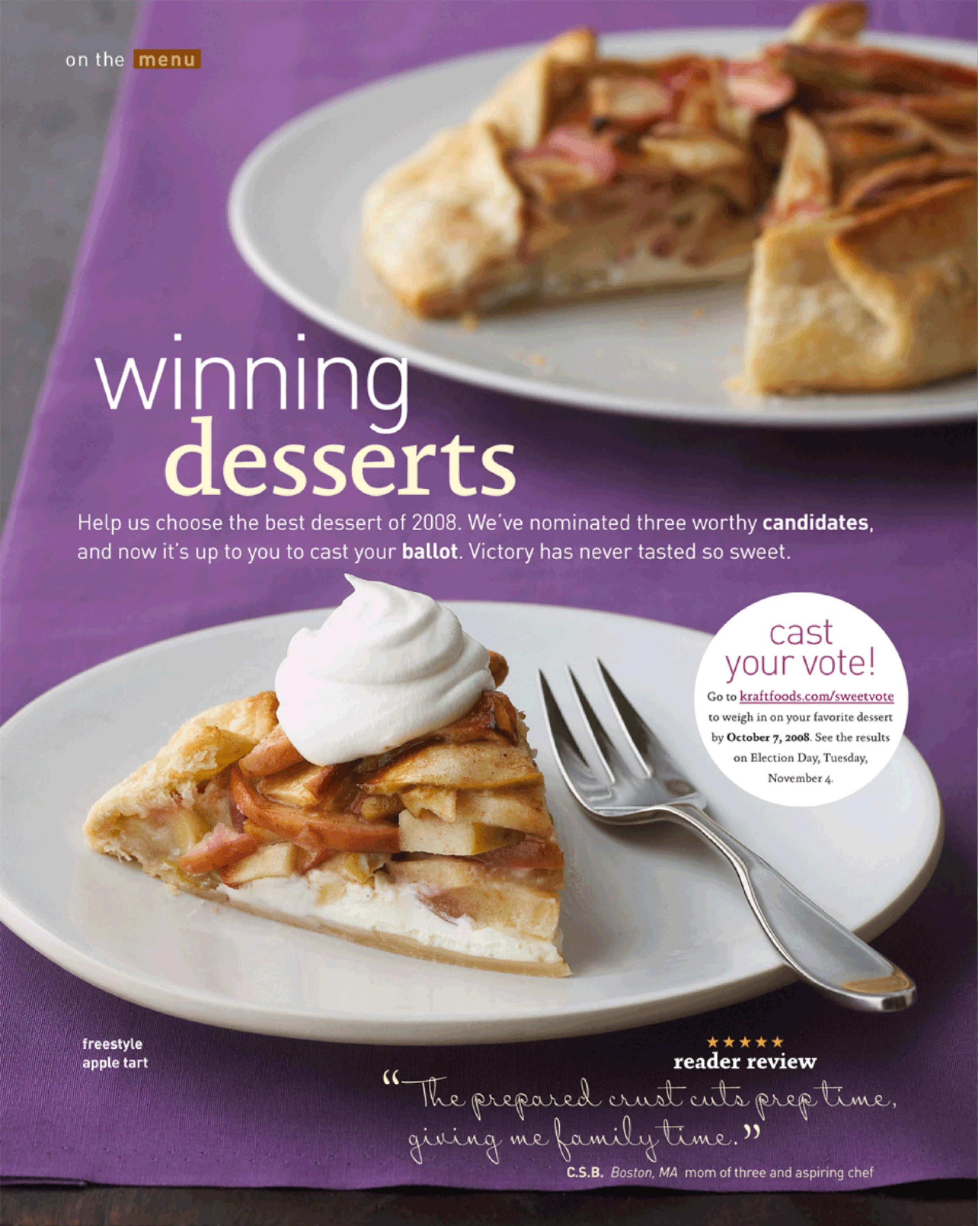
SPRINKLE with cheese and croutons.

SPECIAL EXTRA: Enhance the flavor of this salad by topping with a few pickled pepperoncini peppers.



Wholesome, delicious, Teddy Grahams. With a good source of calcium
to help build and maintain strong bones, no wonder it's...

The snack you LOVE to HUG.



winning desserts

Help us choose the best dessert of 2008. We've nominated three worthy **candidates**, and now it's up to you to cast your **ballot**. Victory has never tasted so sweet.

cast your vote!

Go to kraftfoods.com/sweetvote to weigh in on your favorite dessert by **October 7, 2008**. See the results on Election Day, Tuesday, November 4.

freestyle apple tart

★★★★★
reader review

"The prepared crust cuts prep time, giving me family time."

C.S.B. *Boston, MA* mom of three and aspiring chef

VOTE

freestyle apple tart

PREP 15 min. **TOTAL** 40 min.
MAKES 8 servings.

what you need

- 1 ready-to-use refrigerated pie crust (1/2 of 15-oz. pkg.)
- 4 oz. (1/2 of 8-oz. pkg.) **Philadelphia** Cream Cheese, softened
- 3 red and/or green apples (1 1/4 lb.), thinly sliced
- 1/4 cup sugar
- 2 Tbsp. flour
- 1 tsp. cinnamon sugar
- 1 cup thawed **Cool Whip** Whipped Topping

make it

HEAT oven to 450°F. Line 9-inch pie plate with crust. Carefully spread cream cheese in 6-inch circle in center.

TOSS apples with sugar and flour; spoon over cream cheese.

FOLD crust partially over apples. Sprinkle with cinnamon sugar. Bake 25 min., covering loosely with foil for last 5 min. Cool. Serve with whipped topping. Refrigerate leftovers.

triple-layer peanut butter brownies

VOTE

triple-layer peanut butter brownies

PREP 40 min. **TOTAL** 2 hours 10 min. **MAKES** 32 servings.

what you need

- 1 pkg. (19 to 21 oz.) brownie mix, prepared in 13×9-inch pan
- 1 cup cold milk
- 1 pkg. (3.4 oz.) **Jell-O** Vanilla Flavor Instant Pudding & Pie Filling
- 1 cup creamy peanut butter
- 1/2 cup powdered sugar
- 1 1/2 cups **Cool Whip** Whipped Topping (Do not thaw.)
- 3 squares **Baker's** Semi-Sweet Baking Chocolate
- 1/2 cup **Planters** Dry Roasted Peanuts, coarsely chopped

make it

WHISK milk and pudding mix 2 min. while brownies are cooling. Add peanut butter and sugar; mix well. Cover and refrigerate pudding mixture until brownies are completely cooled.

SPREAD pudding mixture over brownies.

MICROWAVE whipped topping and chocolate on HIGH 1 min., stirring every 30 sec. Spread over pudding; sprinkle with nuts. Refrigerate 1 hour. Refrigerate leftovers.

boston cream pie

VOTE

PREP 15 min. **TOTAL** 1 hour 15 min. **MAKES** 10 servings.

what you need

- 1 round yellow cake layer (8 or 9 inch)
- 1 cup cold milk
- 1 pkg. (3.4 oz.) **Jell-O** Vanilla Flavor Instant Pudding & Pie Filling
- $1\frac{1}{2}$ cups thawed **Cool Whip** Whipped Topping
- 1 square **Baker's** Unsweetened Baking Chocolate
- 1 Tbsp. butter
- $\frac{3}{4}$ cup powdered sugar
- 2 Tbsp. cold milk

make it

CUT cake into 2 layers with serrated knife. Beat 1 cup milk and pudding mix with whisk 2 min. Stir in whipped topping. Let stand 5 min.

STACK cake layers on serving plate, spreading pudding mixture between layers.

MICROWAVE chocolate and butter on HIGH 1 min. Stir until chocolate is melted. Add sugar and 2 Tbsp. milk; mix well. Spread over cake. Refrigerate 1 hour. Refrigerate leftovers.

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Q ☐ Hazelnut**
O ☐ French Vanilla**
L ☐ Mocha**
P ☐ Irish Creme**

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☐ Whole Bean (1)
☐ Ground (2)

*Whole bean available in 7-oz. packages only.
**Not available in whole bean.

Choose coffeemaker color:

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game day gatherings

These are the fast and easy munchies **everyone will be cheering** for.

kraft kitchens' pick

cheesy spinach and bacon dip

cheesy spinach and bacon dip

PREP 10 min. **TOTAL** 15 min. **MAKES** 4 cups or 32 servings, 2 Tbsp. each.

what you need

- 1 pkg. (10 oz.) frozen chopped spinach, thawed, drained
- 1 lb. (16 oz.) **Velveeta** Pasteurized Prepared Cheese Product, cut into 1/2-inch cubes
- 4 oz. (1/2 of 8-oz. pkg.) **Philadelphia** Cream Cheese, cubed
- 1 can (10 oz.) **Ro*tel** Diced Tomatoes & Green Chilies, undrained
- 8 slices **Oscar Mayer** Bacon, crisply cooked, crumbled

make it

COMBINE ingredients in microwaveable bowl.

MICROWAVE on HIGH 5 min. or until **Velveeta** is completely melted and mixture is well blended, stirring after 3 min. Serve with tortilla chips and cut-up vegetables.

VARIATION: Prepare using **Velveeta** Made With 2% Milk Reduced Fat Pasteurized Prepared Cheese Product and **Philadelphia** Neufchatel Cheese, 1/3 Less Fat than Cream Cheese.

Ro*tel is a product of ConAgra Foods, Inc.

WHAT'S ONLINE: Tackle this fun cake and other all-American recipes at kraftfoods.com/gameday.

hot parmesan-artichoke dip

ease into fall... with high-scoring game-time goodies

"These bite-size 'quesadillas' taste like the real deal!"

SUSANNE STARK *Kraft Kitchens Expert*

spicy bean "quesadillas"

hot parmesan-artichoke dip

PREP 10 min. **TOTAL** 35 min. **MAKES** 2¼ cups or 18 servings, 2 Tbsp. each.

what you need

- 1 can (14 oz.) artichoke hearts, drained, chopped
- 1 cup **Kraft** Mayo Real Mayonnaise
- 1 clove garlic, minced
- 1 cup **Kraft** 100% Grated Parmesan Cheese
- 2 Tbsp. chopped tomatoes
- 2 Tbsp. sliced green onions

make it

HEAT oven to 350°F. Mix all ingredients except tomatoes and onions.

SPOON into shallow ovenproof dish or 9-inch pie plate.

BAKE 20 to 25 min. or until hot and bubbly. Sprinkle with tomatoes and onions. Serve with **Wheat Thins** Snack Crackers.

check it out!

BIG PIZZA PLAY

Right before kickoff pop a **DiGiorno Ultimate** Focaccia Meat Trio Pizza in the oven. It'll be ready before the end of the first quarter—faster than takeout and loaded with big, juicy toppings.

spicy bean "quesadillas"

PREP 5 min. **TOTAL** 5 min. 30 sec.
MAKES 1 doz. or 12 servings.

what you need

- 2 oz. **Kraft** 2% Milk Reduced Fat Sharp Cheddar Cheese
- 24 **Triscuit** Crackers
- ¼ cup **Taco Bell® Home Originals®** Refried Beans
- ¼ cup **Taco Bell® Home Originals®** Thick 'N Chunky Medium Salsa

make it

CUT cheese into 6 slices; cut each slice crosswise in half. Top each of 12 crackers with 1 tsp. beans, 1 piece cheese and 1 tsp. salsa. Cover with remaining crackers.

PLACE 6 topped crackers on microwaveable plate. Microwave on HIGH 10 to 15 sec. or until cheese is melted. Repeat with remaining crackers.

JAZZ IT UP: Garnish with black olive slices and **Breakstone's** Reduced Fat or **Knudsen** Light Sour Cream.

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open-face turkey cheddar melts

open-face turkey cheddar melts

PREP 10 min. **TOTAL** 13 min.
MAKES 2 doz. or 24 servings.

what you need

- 24 **Ritz** Crackers
- 24 slices **Oscar Mayer** Shaved Oven Roasted Turkey Breast
- 3 small plum tomatoes, cut into 8 thin slices each
- 6 oz. **Kraft** Sharp Cheddar Cheese, cut into 24 slices
- 2 Tbsp. **Grey Poupon** Country Dijon Mustard

make it

HEAT oven to 350°F. Place crackers on baking sheet; top with 1 slice each turkey, tomato and cheese.

BAKE 3 min. or until cheese begins to melt; top with mustard.

USE YOUR MICROWAVE: Place 8 topped crackers on microwaveable plate. Microwave on HIGH 15 sec. or until cheese begins to melt. Repeat with remaining crackers.

check it out!

SIP ON THE SIDELINES

It's easy to work up a thirst when you're cheering. Be ready with ice cold **Capri Sun** 100% Juice in yummy Berry Breeze flavor—a great option for kids because there's a full serving of fruit in every pouch.*

*Based on MyPyramid and the US Dietary Guidelines

chili-cheese snackers

TOTAL 10 min. **MAKES** 2 doz. or 12 servings.

what you need

- 3 oz. **Kraft** Sharp Cheddar Cheese
- 24 **Ritz** Crackers
- 1/2 cup chili with beans, warmed
- 2 Tbsp. finely chopped onions

make it

CUT cheese into 12 slices; cut each slice diagonally in half.

TOP crackers with cheese, chili and onions.

SUBSTITUTE: Prepare using **Kraft** 2% Milk Reduced Fat Sharp Cheddar Cheese and **Ritz** Reduced Fat Crackers.

chili-cheese snackers

unbeatable sloppy joes

unbeatable sloppy joes

PREP 10 min. **TOTAL** 25 min.
MAKES 6 servings.

what you need

- 1 lb. ground beef
- 1 onion, chopped
- 1/2 cup ketchup
- 1/2 tsp. chili powder
- 1 large tomato, chopped
- 6 hamburger buns, split
- 6 **Kraft** Singles
- 12 slices **Oscar Mayer** Center Cut Bacon, cooked, drained

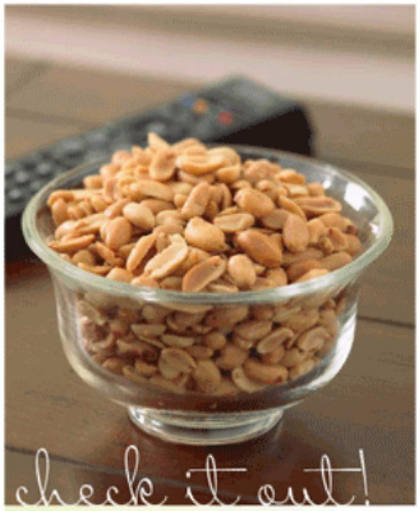
make it

BROWN meat in large skillet on medium heat; drain. Add onions; cook 5 min. or until tender, stirring occasionally.

ADD ketchup, chili powder and tomatoes; cook 5 min. or until heated through, stirring occasionally.

SPOON meat mixture onto bottom halves of buns. Top with Singles, bacon and tops of buns.

TIP: To keep warm for serving, transfer hot mixture to slow cooker set on LOW.



GO NUTS!

When your team is racking up the yards, it's OK to go a little nuts. And, of course, snacking on **Planters** Peanuts makes cheering even more fun.

press play
The rich and creamy taste of
Cool Whip is NOW at your fingertips.
NEW
KRAFT
Cool Whip
WHIPPED TOPPING
Regular
0g TRANS FAT
PER SERVING
www.coolwhip.com
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check it out!

Whether it's your first sip with the morning paper or your last drop with an evening dessert, make **Maxwell House** Coffee your choice. It's made with 100% Arabica beans for rich taste without bitterness.

c'mon over
doubly delectable

Is it cheesecake or pie? It's both in reader Jeannine Widing's cream cheese dessert with classic banana cream pie flavor.

banana-cream cheesecake

banana-cream cheesecake

PREP 15 min. **TOTAL** 5 hours 5 min.
MAKES 24 servings.

what you need

- 1 pkg. (2-layer size) white cake mix, divided
- 4 eggs, divided
- 3 Tbsp. oil
- 2/3 cup packed brown sugar, divided
- 2 bananas, sliced
- 2 pkg. (8 oz. each) **Philadelphia** Cream Cheese, softened
- 2 Tbsp. lemon juice
- 1 1/2 cups milk
- 1 1/2 cups thawed **Cool Whip** Whipped Topping

make it

HEAT oven to 300°F. Reserve 1 cup dry cake mix. Mix remaining cake mix with 1 egg, oil and 1/3 cup sugar with mixer. (Mixture will be crumbly.) Press onto bottom and 1 inch up sides of greased 13×9-inch baking pan; top with bananas.

BEAT cream cheese and remaining sugar with mixer. Add reserved cake mix, remaining eggs and lemon juice; beat 1 min. Blend in milk. (Batter will be thin.) Pour into crust.

BAKE 45 to 50 min. or until center is almost set. Cool. Refrigerate 4 hours. Top with whipped topping. Refrigerate leftovers.

JEANNINE WIDING *Forest Lake, MN* receptionist

"My friends love this dessert—and because bananas are always in season, I make it year-round."

WHAT'S ONLINE: Which Maxwell House brew are you? Find your match at maxwellhouse.com.

Introducing our new "Fresh Click" package — the greatest thing since sliced cheese.

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The CLICK lets you know it's closed, keeping your pure KRAFT cheese tasting fresh from the first slice to the last.

pure KRAFT

www.kraftfoods.com

timesavers

simple shortcuts + quick tips + speedy suppers

have fun!

HOW MANY WORDS with four letters can you make from ARABICA BEANS, the source of richness in **Maxwell House** Coffee? ANSWERS ON *PAGE 59*.

"On nights when we are completely crunched, I like to make something out of nothing...just stir peas, chopped tomato and chopped ham into **Kraft** Mac & Cheese for a great dinnertime solution."

Jennifer Cuccia

Kraft Kitchens Expert who loves taking trips to see fall leaves in her convertible

tip

Got the sack lunch blues?

Check out tasty **Oscar Mayer Lunchables** Fun Pack Pepperoni Flavored Sausage Pizza—a great choice with wholesome kid-favorite foods and lots of surprises.

WHAT'S ONLINE : For easy-fixin' ideas sent straight to your inbox, sign up at kraftfoods.com/easyfixins.

soup-er sandwiches

Have a comforting **soup and sandwich combo**... it's fast, delicious and so **budget-friendly**.

To make the perfect grilled cheese:

1 **MAKE** a sandwich.

2 **SPREAD** 2 tsp. soft margarine on the outside.

3 **COOK** in skillet on medium heat until golden brown on both sides.

hearty grilled cheese

check it out!

CHANGE IN CHEESE

Now **Kraft** 2% Milk Singles are made with milk from cows not treated with the growth hormone rbST.*

*No significant difference has been shown between milk from rbST-treated and untreated cows.

You grab lunch. But when was the last time lunch grabbed you?

New *Deli Creations* Flatbread Sandwiches from *Oscar Mayer.* Everything you need, packed fresh, so you can create a delicious sandwich wrapped in warm, soft flatbread in a microwave minute.

The hot and melty moment you deserve.

For the love of lunch.

keep it on hand…

…for dinner in a pinch

◄ ALWAYS-FRESH CHIPS AHOY! COOKIES

Forget storage bags! The resealable **Snack 'n Seal** package keeps **Chips Ahoy!** Cookies fresh right in the container.

have it on hand

Having **DiGiorno** Pizza on hand will help on busy fall days. When you add a salad and some fruit for dessert, you make it a meal!

make it a meal

PIZZA SALAD GREENS DRESSING SWEET TREATS

beat the clock

You need dinner, and you need it **now**! These main dishes are on the table in **20 minutes or less**.

chili-topped baked potatoes **MAKES** 4 servings.

what you need

4 RUSSET POTATOES (1¼ lb.)

\+

1 CAN (15 oz.) CHILI

\+

½ CUP **KRAFT** SHREDDED CHEDDAR CHEESE

\+

¼ CUP **BREAKSTONE'S** OR **KNUDSEN** SOUR CREAM

make it

PUT potatoes on microwaveable plate. Prick in several places with fork.

MICROWAVE on HIGH 8 to 10 min. or until tender. Heat chili.

CUT potatoes; top with chili, cheese and sour cream.

SERVING SUGGESTION: Serve with steamed broccoli florets tossed with **Kraft** 100% Grated Parmesan Cheese.

quick & easy chicken cacciatore **MAKES** 4 servings.

what you need

4 SMALL BONELESS SKINLESS CHICKEN BREAST HALVES (1 lb.)

+

1 PKG. (16 oz.) FROZEN BELL PEPPER AND ONION STRIPS, THAWED, DRAINED

+

1 JAR (14 oz.) SPAGHETTI SAUCE

+

1 CUP **KRAFT** 2% MILK SHREDDED REDUCED FAT MOZZARELLA CHEESE

make it

COOK chicken in large nonstick skillet on medium-high heat 2 min. on each side. Add vegetables; cover. Cook 5 min.

STIR in spaghetti sauce. Simmer 5 min. on medium heat or until chicken is cooked through (165°F).

TOP with cheese.

SERVING SUGGESTION: Serve with a salad and **Kraft** Light Ranch Reduced Fat Dressing.

Yes. It really tastes this deli fresh.

Oscar Mayer Deli Fresh Shaved Meats are sliced, packed and sealed at the peak of freshness.

For the love of lunch.

dinnertime dash

This meal is "A Perfect Pear-ing" of fruit, ham and snacks you can **grab and eat** any day of the week.

a perfect pear-ing

MAKES 1 serving.

- 1 SMALL PEAR
- 12 GRAPE TOMATOES
- 1/4 CUP (1 oz.) PLANTERS DELUXE MIXED NUTS
- 5 RITZ CRACKERS
- 1 oz. **KRAFT** COLBY & MONTEREY JACK CHEESE
- 3 SLICES (1 oz.) **OSCAR MAYER** SHAVED HONEY HAM

LAUNCH THE FLAVOR
Sugar Free
TANG
SPORT
GET THE VITAMIN AND HYDRATION LIFT-OFF YOU NEED WITH TANG SPORT ON-THE-GO PACKS. EACH SUGAR-FREE PACK DELIVERS VITAMINS A, B, E AND A FULL DAY'S VALUE OF VITAMIN C TO EVERY BOTTLE OF WATER.
GET YOURS AT
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SAVE $5 ON ADMISSION
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VISITOR COMPLEX
222991
Coupon not valid with any other discount or any other ticketed event. No cash value. Valid up to six admissions purchased on one transaction. Expires on 5/31/09.
KennedySpaceCenter.com
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130 CAL 1 **Jell-O** Strawberry Flavor Sugar Free Gelatin Snack + 1 large banana

150 CAL 1 pkg. (1.25 oz.) **Teddy Grahams** Chocolate Graham Snacks

savvy**snacking**

With **150 calories or less**, these flavorful snack solutions take zero prep time but supply energy, so you'll be ready to tackle the next task on your list.

130 CAL 3 Tbsp. **Planters** Peanuts

110 CAL 1 **Capri Sun** Tropical Fruit **Roarin' Waters** Beverage + 2 **Chips Ahoy!** Real Chocolate Chip Cookies

Great Taste, Simply Served

RITZ Bruschetta

PREP: 10 min.
Makes 10 servings, two topped crackers each.

2 tomatoes, chopped, seeded
2 Tbsp. finely chopped red onions
2 Tbsp. KRAFT Light House Italian Reduced Fat Dressing
20 RITZ SIMPLY SOCIALS Original Crackers

MIX tomatoes, onions and Light dressing; cover.
REFRIGERATE at least 1 hour.
TOP each cracker with about 1 tsp. of the tomato mixture just before serving.
Simply Jazz It Up: Garnish each topped cracker with a fresh basil sprig just before serving. Or, stir 1 tsp. chopped fresh basil or 1 clove minced garlic into tomato mixture before chilling.

*For more great recipe ideas, visit **www.ritzcrackers.com***

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100 CAL 1 medium pear

time savers

70 CAL 2 Tbsp. **Philadelphia** Garden Vegetable Light Cream Cheese Spread + 1/2 cup celery sticks

120 CAL 1 **Crystal Light** On the Go Raspberry Ice Soft Drink Mix + 2 **Fig Newtons**

150 CAL 1 **Kraft** 2% Milk Singles + 1 medium apple

130 CAL 1 pkg. (1.05 oz.) **South Beach Living**™ Mixed Berry Granola Clusters

100 CAL 1 **Kool-Aid** Singles Tropical Punch Flavor Soft Drink Mix + 1 **Kraft Snackables** 2% Milk String Cheese

HEALTHY LIVING

Our Healthy Living sun indicates a recipe that was designed with your health in mind. Nutrition information indicated is per serving but does not reflect suggested alternate or optional ingredients. Additional nutrition information is available at kraftfoods.com.

table key:

☀ Healthy Living

Fat/Sat measured in grams

Sodium measured in milligrams

Carbohydrates measured in grams

Fiber measured in grams

Protein measured in grams

	appetizers & snacks	PG #	CAL	FAT/SAT	SODIUM	CARB	FIBER	PROTEIN
	Cheesy Spinach and Bacon Dip	38	70	5/3	300	2	0	3
	Chili-Cheese Snackers	40	70	4.5/2	150	6	<1	3
	Hot Parmesan-Artichoke Dip	39	140	13/3	220	2	0	3
	Open-Face Turkey Cheddar Melts	40	60	3.5/1.5	180	3	0	3
	Ritz Pizza Snacks	20	80	4/1.5	300	10	0	3
☀	Spicy Bean "Quesadillas" CHOL <5mg, SUGARS 0g, VIT A 0%DV, VIT C 0%DV, CALCIUM 8%DV, IRON 2%DV	39	60	2.5/1	160	7	1	2
	salads & sides	**PG #**	**CAL**	**FAT/SAT**	**SODIUM**	**CARB**	**FIBER**	**PROTEIN**
☀	Asian-Style Coleslaw CHOL 0mg, SUGARS 7g, VIT A 45%DV, VIT C 40%DV, CALCIUM 4%DV, IRON 4%DV	11	110	7/1	280	10	2	3
	Big Bowl of Tuscan Greens	32	200	16/3	490	9	2	5
☀	Italian-Style Coleslaw CHOL <5mg, SUGARS 5g, VIT A 50%DV, VIT C 90%DV, CALCIUM 4%DV, IRON 4%DV	11	110	9/1	180	7	2	2
	Ranch-Style Coleslaw	11	120	10/2	320	6	2	3
☀	Rustic Spinach Salad	9	300	13/3	520	16	5	31
☀	Twice-Baked Sweet Potatoes CHOL 10mg, SUGARS 10g, VIT A 370%DV, VIT C 2%DV, CALCIUM 6%DV, IRON 6%DV	11	210	8/2.5	135	30	5	4
	entrées & sandwiches	**PG #**	**CAL**	**FAT/SAT**	**SODIUM**	**CARB**	**FIBER**	**PROTEIN**
	American-Style Meatloaf Minis	60	300	9/4.5	1000	32	1	22
	A Perfect Pear-ing	53	480	29/9	800	44	8	18
☀	Bruschetta Chicken Bake CHOL 75mg, SUGARS 4g, VIT A 10%DV, VIT C 15%DV, CALCIUM 30%DV, IRON 15%DV	26	300	7/2.5	710	26	2	33
	Capellini Caprese	31	460	19/5	460	55	5	17
☀	Cheesy Chicken & Salsa Skillet	15	450	9/4	850	49	6	42
	Chicken & Biscuits	13	400	22/10	810	28	4	24
	Chili-Topped Baked Potatoes	50	300	10/6	610	40	7	13

Easy Layered Taco Bake	1	370	19/6	1070	31	1	20
Fettuccine Alfredo with Chicken	32	460	12/6	470	45	2	39
Foil-Pack Chicken Fajita Dinner *CHOL 80mg, SUGARS 3g, VIT A 25%DV, VIT C 70%DV, CALCIUM 15%DV, IRON 20%DV*	29	350	8/3.5	510	37	2	31
Grilled Cheese Duet	47	300	15/7	750	27	1	14
Ham ´n Cheese Calzones	28	440	18/7	1480	51	1	20
Hearty Grilled Cheese	46	300	14/5	990	29	3	15
Italian-Style Meatloaf Minis	60	260	8/3.5	730	24	1	22
Mexican-Style Meatloaf Minis	60	270	9/4.5	810	24	1	22
Pork Chops with Apples and Stuffing	21	390	11/3	690	47	2	25
Quick & Easy Chicken Cacciatore *CHOL 80mg, SUGARS 8g, VIT A 20%DV, VIT C 40%DV, CALCIUM 45%DV, IRON 8%DV*	51	290	9/3.5	680	16	3	35
Shrimp Pomodoro Pasta *CHOL 230mg, SUGARS 12g, VIT A 20%DV, VIT C 45%DV, CALCIUM 20%DV, IRON 30%DV*	30	410	9/2.5	850	47	5	34
Slow-Cooker Hearty Beef Chili	27	350	12/6	490	32	7	28
Southwest Chicken Salad Panini *CHOL 75mg, SUGARS 6g, VIT A 20%DV, VIT C 10%DV, CALCIUM 30%DV, IRON 15%DV*	25	370	10/3.5	860	36	3	32
Spicy Grilled Cheese	47	330	18/9	750	27	1	14
Stove Top Easy Chicken Bake *PREP W/ 65% VEG OIL SPREAD*	25	420	15/4.5	990	35	3	31
Tater-Topped Casserole	18	400	24/9	860	25	1	21
Unbeatable Sloppy Joes	41	400	19/8	960	31	2	27

desserts	PG #	CAL	FAT/SAT	SODIUM	CARB	FIBER	PROTEIN
Banana-Cream Cheesecake	43	240	12/6	240	29	0	4
Boston Cream Pie	36	300	13/5	350	44	<1	3
Freestyle Apple Tart	35	270	15/7	210	32	2	3
Triple-Layer Peanut Butter Brownies	35	200	11/3	150	24	<1	4

answers
to word find on p.45

acne, acre, airs, arcs, area, babe, bane, barb, bare, barn, bars, base, bean, bear, bias, bibs, bins, bran, brie, bris, cabs, cane, cans, carb, care, cars, case, crab, crib, earn, ears, ebbs, eras, ices, near, nice, race, rain, rein, ribs, rice, rise, sane, sari, scan, scar, sear, sire

GOOD GRACIOUS.

Enjoy real strawberries, golden honey, or a touch of frosting. All made with the goodness of 100% natural whole grain wheat. Post Shredded Wheat. Breakfast never tasted so good.

our favorite recipe:
3 ways to mini meatloaves

"I love meatloaf—and using a muffin pan **cuts the baking time** in half!"

KRAFT KITCHENS EXPERT: Susanne Stark

meatloaf minis

PREP 10 min. **TOTAL** 45 min.
MAKES 6 servings, 2 meatloaves each.

what you need

- 1 lb. extra lean ground beef
- 1 pkg. (6 oz.) **Stove Top** Stuffing Mix
- 1 cup water
- 3/4 cup **Kraft** Shredded Cheddar Cheese

make it

HEAT oven to 375°F. Mix meat, stuffing mix, water and add-in (see options *below*). Press into 12 muffin cups sprayed with cooking spray.

MAKE an indentation in center of each meatloaf with spoon; fill with sauce (see options *below*).

BAKE 30 min. or until cooked through (160°F). Top with cheese; continue baking 5 min. or until cheese is melted.

love it!

The Kraft Kitchens recommend the **Anolon SureGrip** Nonstick Muffin Pan. It has silicone-enhanced handles, holds 12 regular-size muffins and is dishwasher-safe. Buy it at **cooking.com/kf**.

OPTION: AMERICAN-STYLE

ADD-IN 1 tsp. garlic powder

SAUCE 3/4 cup **Kraft** or **Bull's-Eye** Original Barbecue Sauce

OPTION: ITALIAN-STYLE

ADD-IN 1 tsp. Italian seasoning

SAUCE 3/4 cup spaghetti sauce

OPTION: MEXICAN-STYLE

ADD-IN 2 tsp. chili powder

SAUCE 3/4 cup **Taco Bell**® **Home Originals**® Thick 'N Chunky Salsa

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Guess which serving of fruit they'll think is cooler.

Both are 100% natural. Both are a full serving of fruit.* But only one comes in a pouch that screams fun.

*Based on MyPyramid.gov and the U.S. Dietary Guidelines. As part of a well-balanced diet, make most of your fruits whole fruits.

CAPRI SUN

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NEW! Nilla Cakesters